

MAKING SENSE OF MADNESS : AN EMANCIPATORY APPROACH

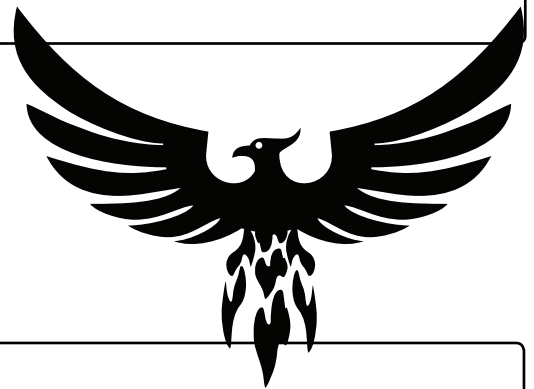
7 July 2017, 10 am - 4.30pm, registration from 9.30am
Hackney House, 25-27 Curtain Road, Hackney, London, EC2A 3LT

This unique one day event, featuring **Jacqui Dillon** and **Rai Waddingham** (recently featured on BBC Horizon: Why Did I Go Mad?), explores those experiences often dismissed as symptoms of serious mental illness: voices, visions, paranoia, unusual beliefs and altered states, **re-framing them as understandable human responses** to adversity.

Drawing from **personal** and **professional** experiences of madness, healing and recovery, combined with emerging innovative research findings, Jacqui and Rai present **an emancipatory approach to understanding** and **working with distressing experiences** that prioritises **respect**, personal meaning, **self-determination** and liberation.

IT INCLUDES:

- Understanding 'mad' experiences
- Exploring factors that can contribute to and shape distress
- Alternatives to diagnosis - moving beyond the illness model
- Respectful ways of helping people in distress
- Strategies to survive and thrive



THIS DAY IS SUITABLE FOR:

- Anyone interested in understanding more about madness, creativity and the complex spectrum of human experience
- Those involved in supporting another human being - whether this is as a friend, ally, family member, colleague, mental health professional, teacher, therapist, social worker, voluntary sector worker, manager or spiritual advisor.
- All those with lived experience of madness and distress

FEES: Unwaged: £10 | Voluntary Sector & Self Funding: £90 | Statutory & Commercial: £125

Please get in touch if you're in a difficult financial position - we may be able to help.



JACQUI DILLON is a respected speaker, writer and activist, and has lectured and published worldwide on trauma, psychosis, dissociation and recovery.

Jacqui is the national Chair of the Hearing Voices Network in England, Honorary Lecturer in Clinical Psychology at the University of East London, and Visiting Research Fellow at the Centre for Community Mental Health, Birmingham City University. Jacqui has published numerous articles and papers, and co-edited three books. She is passionate about fighting for real change.

See: www.jacquidillon.org



RAI WADDINGHAM hears voices, sees visions and has struggled with beliefs that once overwhelmed her. After finding ways of making sense of her own experiences, she is now

an international trainer specialising in ways of supporting people in distress. Rai has particular expertise working with children, young people and people in prison who hear voices. Chair of Intervoice and a trustee of the English Hearing Voices Network and ISPS UK, Rai currently works in the NHS in an Open Dialogue service.

See: www.behindthelabel.co.uk

BOOK ONLINE: <https://madness-london.eventbrite.co.uk>

FOR MORE INFORMATION, EMAIL: jacquidillon333@aol.com or rachel@behindthelabel.co.uk